



June 2013

Benefits News and Notes

- **Long-Term Care Insurance** will be unavailable after June 30, 2013. Call Prudential at 800-732-0416. Enroll at: prudential.com/gltcweb/seattle.
- **Mobile Mammography Screening** will be offered at the end of July.
- **Ready to quit tobacco?** Take the Readiness Quiz at quitnow.net/Seattle/



Coming Soon...

Healthier vending machine food and beverage options...see back page.



Sign-up now for the Seattle Department of Transportation's 2013 Walk Bike Ride Challenge for a chance to win:

- Grand prize winner:** A brand new bike and helmet from Gregg's Cycles
- Gift certificates to local businesses
- And many more!

Questions? Contact Tim Rood @ 684-5545 or waytogo@seattle.gov

City Events

Power of Positive Thinking Webinar

Thursday, June 6 12 noon - 1:00 pm
Registration: See flyer*

What to Do When You Retire – Deferred Compensation

Monday, June 10 12 noon - 12:45 pm
SMT 4080

Dealing with Tension and Migraine Headaches

Tuesday, June 11 12 noon - 1:00 pm
SMT 4050

Tips for a Tax Smart Future

Wednesday, June 19 12 noon - 1:00 pm
SMT 4050

Retirement Strategy Check Up - Deferred Compensation

Thursday, June 20 12 noon - 12:45 pm
SMT 4020
Registration: Call 447-1924

Women & Investing Asset Allocation Deferred Compensation

Wednesday, June 26 12 noon - 12:45 pm
SMT 4080

Free Blood Pressure Screening

Wednesday, June 26
Stop by between 10:30 am & 1:30 pm
SMT 4096

Food Intolerances & Sensitivities - Part I

Thursday, June 27 12 noon - 1:00 pm
SMT 4050

* Or, call Central Benefits at (206) 615-1340.



Healthier snack options

are coming this summer to work vending machines.

City Council recently adopted the Healthy Vending Ordinance which changes the percentage of healthier food and beverage options in vending machines on City property to 50%.

See the Healthier Options flyer; watch the Take Charge! newsletter for a healthy vending survey and taste test opportunities!

Lifestyles of the Slim and Active

People who have a healthy weight make good role models when it comes to keeping the pounds off.

In general, slim people often practice positive eating and exercise habits without much thought or planning. They tend to:



- **Eat a generally healthy diet** – a wide variety of fruits, vegetables, whole grains, and lean protein. They limit sweets and high-fat foods.
- **Eat slowly** and savor their food.
- **Eat when they are hungry** and stop when they feel satisfied.
- **Avoid letting others** or situations determine when and how much they eat.
- **Eat smaller, more frequent meals** rather than skipping meals or going for long periods of time without eating.
- **Be more active than chronic dieters**, moving more in general, not just with scheduled exercise.



What's In Your Food Environment?

By Cara Rosenbloom, RD

Temptation abounds in our world. From the office vending machine to the shopping mall food court and all the other places in-between, food is everywhere. In a perfect world, vending machines would dispense salad and all chocolate bars would be calorie-free. Since calories do count, it's important to be mindful of the food surrounding you so you can avoid temptation and overeating. Here are some tips.

The key to overcoming food temptation — whether at food courts, the break room or coffee stands — is to plan ahead and keep healthy snacks nearby.

Start at home: You control your fridge and pantry, so stock with good-for-you items instead of unhealthy snacks. If chips and cookies aren't in your cupboards, you can't indulge. Try snacking on plain air-popped popcorn, whole-grain cereal and whole fruit or vegetables between meals.

Carry healthy snacks: It's easy to grab a muffin or donut at the coffee shop, or a cupcake from the specialty baker when you're hungry. But before you choose, consider the effect of extra calories, fat and sugar that wreak havoc on your heart and your waistline. Plan ahead and arm yourself with healthier snacks at all times. Enjoy an apple, a banana or some carrot sticks.

Keep food close by: You'll be less likely to sample the pastry tray at your 3 p.m. meeting if you've just eaten a healthful snack. If your office has a fridge, stock low fat cheese, yogurt, hummus and cut vegetables. No fridge? Keep non-perishable, high-fiber snacks (dry cereal, nuts, oatmeal) in your desk drawer. Attend meetings on a full stomach.